

ABSTRACT

THE EFFECTS OF NUTMEG SYRUP (Myristica fragrans Houtt.) ON ALERTNESS AND CAREFULNESS OF ADULT MALES

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Awareness affects alertness and carefulness. Alertness and carefulness are important factors to perform daily activities, such as learning and typing. Decreasment in alertness and carefulness can decrease learning's concentration that affect degradation of human resources (HR). One cause of decreased alertness and carefulness are the drowsiness caused by food, such as nutmeg (Myristica fragrans Houtt.). The aim of this study is to know the effect of nutmeg syrup on alertness and carefulness of adult males.

Research methods is true experimental and comparative, uses RAL, pre-test and post-test. The variables measured are: alertness, which is the time needed to finish Johnson Pascal test before and after consuming nutmeg syrup and carefulness, which is the amount of additions done in additional test. The data were analyzed with paired "t" test and $\alpha = 0,05$.

The time needed to finish Johnson Pascal test after consuming nutmeg syrup is 134,7667 seconds, longer compared to the time needed before consuming it, 123,4333 seconds ($p < 0,01$), while the average value of the amount of additions done in additional test after consuming nutmeg syrup is 45,44667 statistically less than before consuming nutmeg syrup is 49.28667 ($p < 0,05$).

Nutmeg syrup can reduce alertness and carefulness in adult males.

Keywords: nutmeg syrup (Myristica fragrans Houtt.), alertness, carefulness

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